

ARCHERY

Archery involves shooting arrows from a bow into a target. Competitors aim to hit the centre of the target in an effort to score the highest amount of points. There are three forms of archery: field, indoor and clout.





BOXING

Boxing is a weight category sport. Competitors are matched with boxers of the same power-to-weight ratio. Boxers require excellent aerobic fitness and train three times a day. These training sessions include resistance training, running, sparring, technical skill work and conditioning.

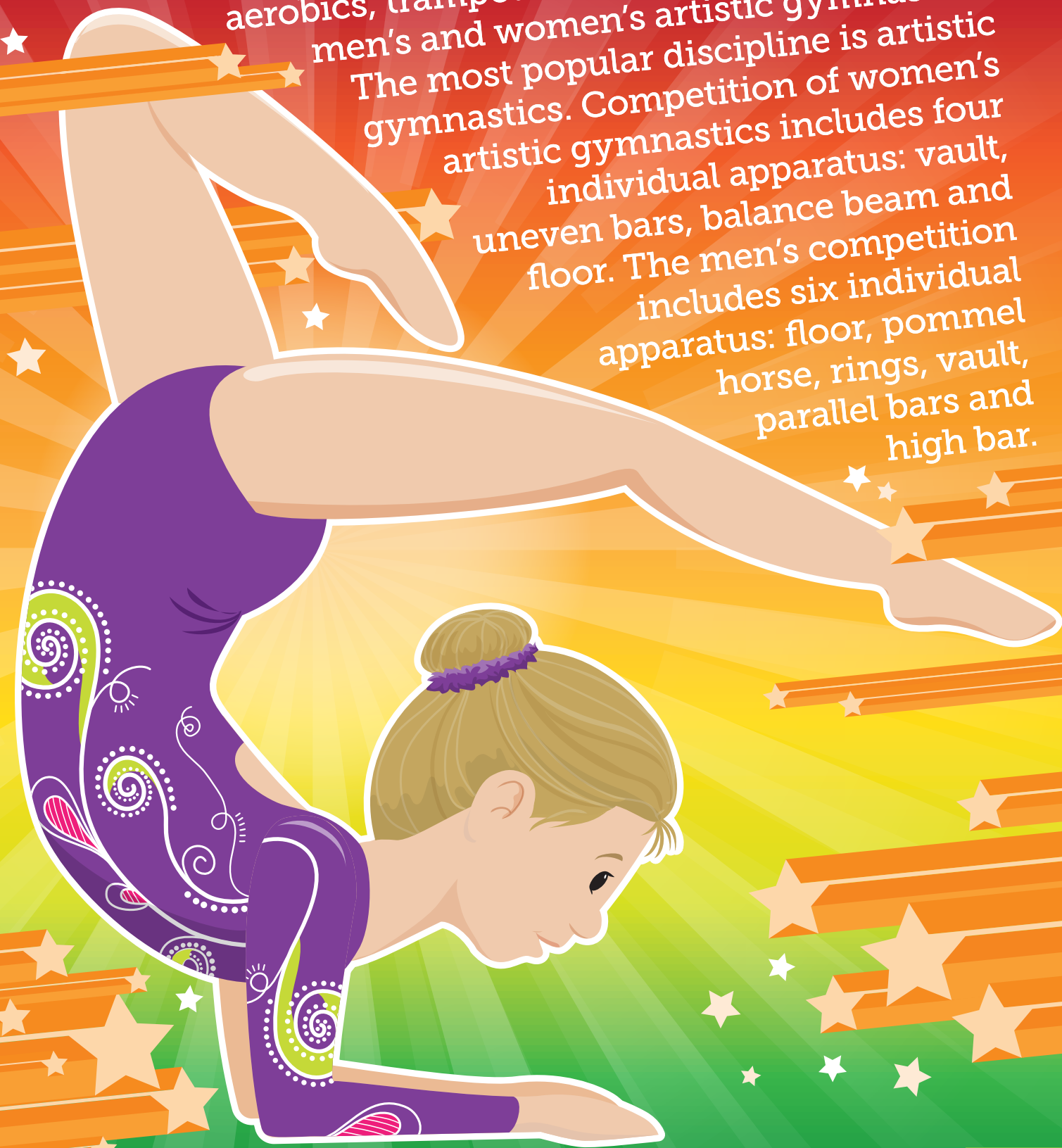


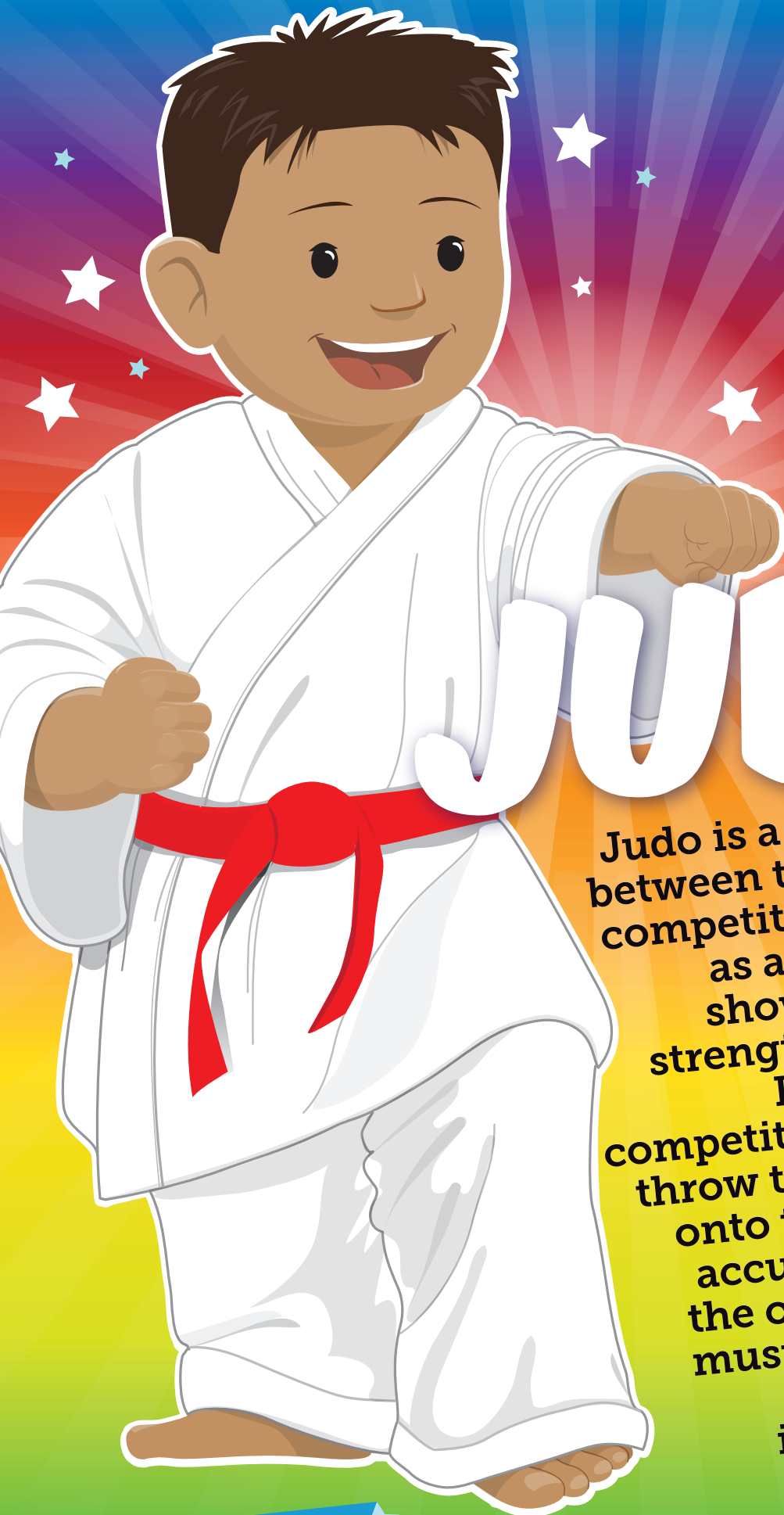
EQUESTRIAN

Equestrian involves a horse and their rider. Women and men can compete with their horse in individual or team events. There are three main disciplines in equestrian: dressage, eventing and jumping. During dressage events, the horse and rider perform a series of highly-skilled movements. Eventing combines different forms of horse training. Jumping involves the rider and horse completing a course of eight to twelve obstacles in the fastest possible time.

GYMNASTICS

Gymnastics involves seven unique disciplines: sport acrobatics, rhythmic gymnastics, sport aerobics, trampoline sport, cheerleading and men's and women's artistic gymnastics. The most popular discipline is artistic gymnastics. Competition of women's artistic gymnastics includes four individual apparatus: vault, uneven bars, balance beam and floor. The men's competition includes six individual apparatus: floor, pommel horse, rings, vault, parallel bars and high bar.

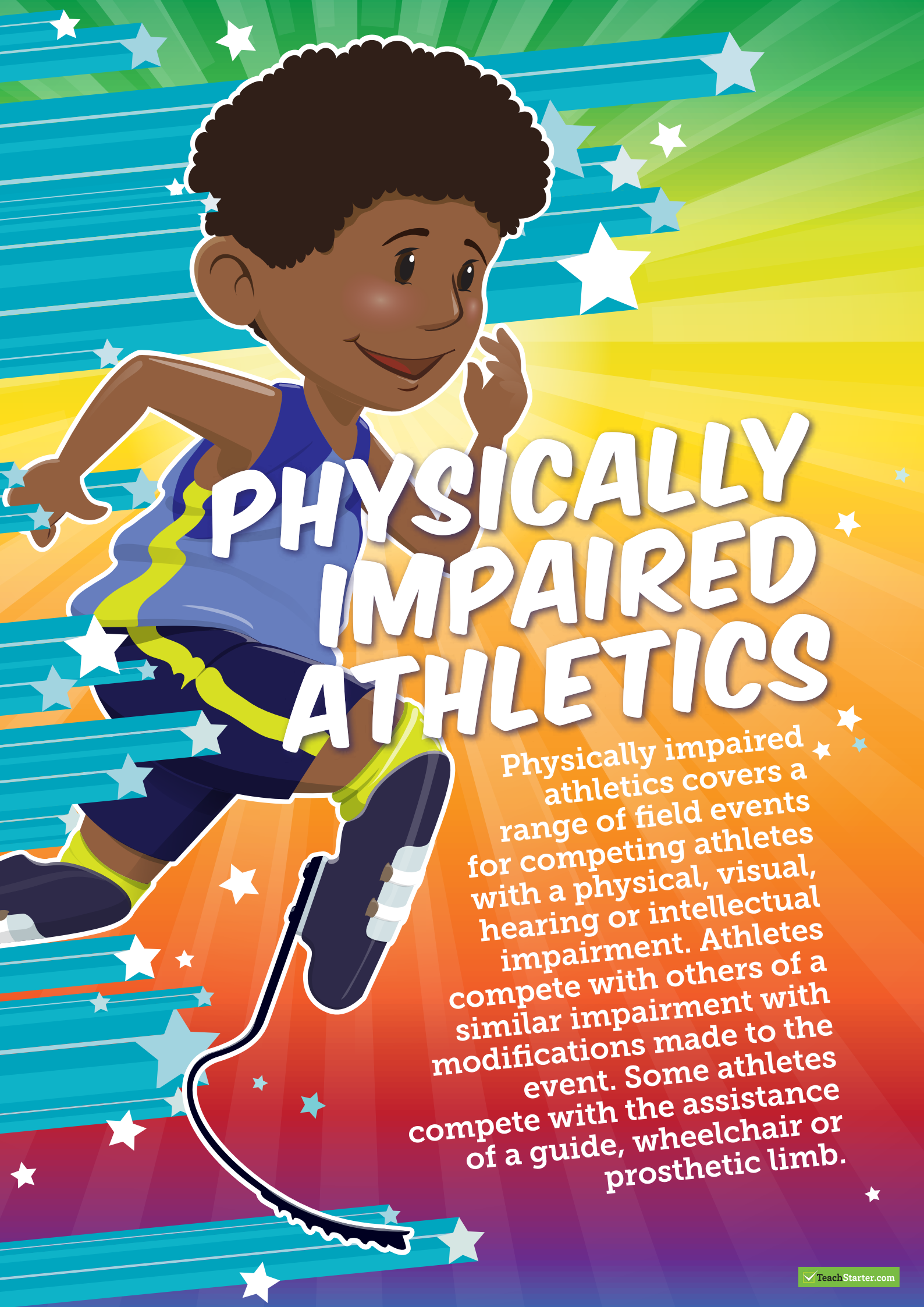




JUDO

Judo is a competition between two people. A competition is known as a bout and is a showcase of skill, strength and drama.

During a bout, competitors attempt to throw their opponent onto the ground. To accumulate points, the opponents back must remain on the ground and immobilised for 20 seconds.



PHYSICALLY IMPAIRED ATHLETICS

Physically impaired athletics covers a range of field events for competing athletes with a physical, visual, hearing or intellectual impairment. Athletes compete with others of a similar impairment with modifications made to the event. Some athletes compete with the assistance of a guide, wheelchair or prosthetic limb.

SYNCHRONISED SWIMMING

Synchronised swimming is a sport that combines swimming, dance and gymnastics. Athletes compete either as a duet (two people), a trio (three people) or as a large team to perform coordinated movements. The synchronised routines are performed in the water in time to music. The music matches the moves of the athletes as they move in and out of the water.





TRIATHLON

A triathlon involves the combination of three separate sports: swimming, cycling and running. The order of the three sports can vary, although they usually begin with a 1.5 kilometre swim, 40 kilometre cycle and a 10 kilometre run. Athletes aim to complete all three sports in the shortest possible time, so that they can be first to cross the finish line.



VOLLEYBALL

Volleyball is a fast-paced sport that combines strength, agility and strategy. The game consists of two teams of six players each, with a net separating the two teams. Points are scored when the ball is hit onto the court of the opposing side. Five sets are played in a game of volleyball. The team with the most amount of winning sets, wins the game. Athletes who play volleyball have great aerobic endurance and a lot of energy.

